



**LOEFFEL MEAT SHOPPE**

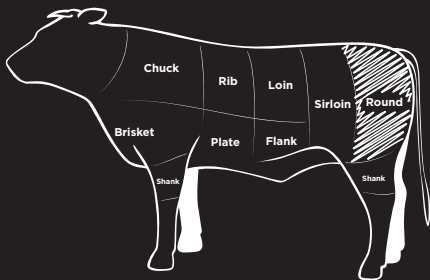
# ASIAN PEANUT BEEF AND PASTA

**FEATURING  
TOP ROUND STEAK**



Top Round Steak is an affordable, leaner cut of beef derived from the rump area of a beef animal. Try using this cut with marinades and in fast/high-heat or low-heat/slow cooking recipes. Be sure to slice meat thinly, against the grain of muscle fibers for the best eating experience.

## Meat Cut Information



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

# Asian Peanut Beef and Pasta

(8 servings)

## Asian Peanut Beef

- 1 ½ Tbsp. vegetable oil
- 1 lb. beef Top Round Steak, trimmed and cut into ½-inch thick strips
- ¼ c. low-sodium soy sauce
- ½ c. water
- 1 Tbsp. vinegar (apple cider, rice, or rice wine vinegar)
- 2 tsp. sugar
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- 2 Tbsp. creamy peanut butter
- 1 c. cucumber, seeded and diced
- ½ c. green onions, finely chopped
- ¼ c. peanuts, crushed

## Other ingredients

- 8 oz. of uncooked spaghetti
- ½ tsp. crushed red pepper (optional)

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. Cook pasta according to package directions. Set aside.
4. In a large nonstick skillet or wok, heat oil over medium-high heat. Add beef in small batches and stir-fry for 1-2 minutes or until the meat is browned and reaches an internal temperature of 145°F on a food thermometer. Set aside and keep warm.
5. Return the skillet to medium heat. Add soy sauce, water, vinegar, sugar, ginger, garlic, peanut butter, and red pepper, if desired. Cook while stirring frequently, for 2-3 minutes or until thick and bubbly.
6. Add cooked noodles, beef, and cucumbers and toss to coat. Serve immediately.
7. Serve sprinkled with green onions and crushed peanuts.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



# EXTENSION

### Nutrition Information per Serving (1½ cups):

Calories 350, Total Fat 13g, Saturated Fat 3g, Cholesterol 35mg, Sodium 450mg, Total Carbohydrates 34g, Fiber 1g, Total Sugars 4g, includes 2g Added Sugars, Protein 26g, Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 4%.

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